

Member Newsletter



Community Care Plan
The Health Plan with a Heart

For More Information
Go To CCPcares.org

Call Us At
1-866-899-4828

Community Care Plan values your care. If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email ynoel@CCPcares.org.

For more information, visit CCPcares.org/Members/Medicaid

[Click Here to View Our Past Newsletters](#)

October Celebrations: Child Health Day and Primary Care Week

In October, we celebrate National Child Health Day. Children are the future, so keeping them healthy and safe is key to a brighter tomorrow.

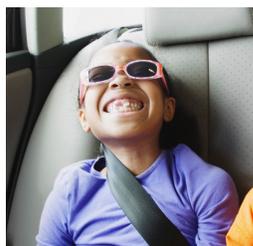
How Can You Celebrate Children's Health Day?



Make sure your child has their annual check-up even if their shots are current. The annual check-up is a chance to check their growth and discuss health concerns. In older kids, this includes risky behaviors like smoking and sex.



Like COVID-19, childhood obesity is a pandemic. Overweight children are at risk for type 2 diabetes. Being overweight can also lead to low self-esteem, bullying, and depression.



Keep kids safe:

- They should wear their seat belt in the car and helmet when they ride bikes, skateboards, and such.
- Fence outdoor pools and bodies of water. Get swim lessons, if needed.
- Have the Poison Control number handy (1-800-222-1222).



Kids, like adults, experience stress. Besides healthy eating and exercise, communication is key. Talk and listen to your child. Using family mealtime is one suggestion. Studies show that families who eat at least four meals together per week have children who are less likely to engage in tobacco, alcohol, or drug use.



What Is the Number One Way to Celebrate Child Health Day?! By Taking Care of You!

In October, we also celebrate primary care week. Adults, like kids, need to see their primary care provider at least one time each year for their annual check-up.

You are a healthy adult? That's Great!

The annual check-up and needed preventive screenings can keep you that way. These may include:

- Blood pressure and weight
- Tests for cholesterol, sugar, and kidney function
- Cancer screenings like PAP smear, mammogram, and colonoscopy



Your Primary Care Provider (PCP) can also:

- Find and treat health issues early
- Manage any chronic conditions
- Link you to other specialists, such as a cardiologist



Call Member Services at 1-866-899-4828 to:

- Find out who your PCP
- Find out who your child's PCP is
- Change your PCP or your child's PCP

Did you know that members, both kids and adults, can earn a gift card for getting their annual check-ups done?



Learn how on our website:

CCPcares.org/Members/Medicaid/HealthyRewards



Celebrating Children’s Health Day Can Start Before Birth

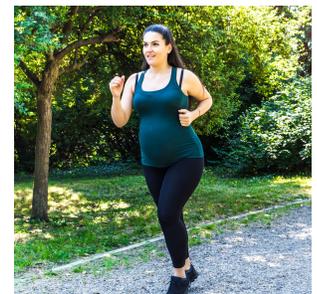
On page one, we talked about ways to keep children and their parents or caregivers healthy. But celebrating children’s health day can begin while you are pregnant.

Here are some reminders of ways to take care of yourself to have a healthy baby.

Healthy Eating – Pregnant women only need an extra 300 calories a day for a growing baby. You should eat food from each of the food groups every day. Each food group will give you the different nutrients that you and your baby need. But eating healthy does not replace taking a prenatal vitamin every day!



Exercise – Being active keeps you healthy and can help get you ready for labor. If you have a normal, low risk pregnancy, it is suggested that you get 150 minutes per week of any moderate intensity exercise, such as walking. But pregnancy is not the time to start a new type of exercise that you didn’t do before you got pregnant. Always talk with your doctor or midwife first.



For more tips visit:

 [Acog.org/womens-health/faqs/exercise-during-pregnancy](https://www.acog.org/womens-health/faqs/exercise-during-pregnancy)

What Not to Do:

- Avoid nicotine, like cigarettes or vaping. Nicotine can lead to low birthweight in babies.
- Don’t drink alcohol, which is linked to birth defects.
- Drugs and Medicine – Do not take any medicines that are not prescribed for YOU. This includes street drugs and prescription medications.
- Avoid people with any signs of infection or illness, COVID-19, or other.
 - Wear a mask, as needed.
 - Wash your hands frequently.





Know the Warning Signs

Call your doctor or midwife immediately if you have any of these:

- Headaches that do not go away, blurred vision or flashing lights, or swollen face and/or around the eyes
- Low dull backache that does not go away, feeling like the baby may “fall out”, cramps, or feeling like a rubber band is wrapped around your belly that comes and goes
- Any leaking or gush of fluid
- A decrease in the baby’s movements

Don’t be afraid to call and let your doctor and midwife know if you feel any of these. You know your body best!

Routine prenatal care is very important. Keep your recommended visits. If you need help finding a doctor or midwife, call our Member Services at 1-866-899-4828.

CCP’s Birth, Baby and Beyond program also helps women get the prenatal care and support that is so important for a healthy pregnancy.

Learn more on our website,
CCPcares.org/Members/Medicaid/BirthBabyBeyond.

Did you know that CCP offers rewards to pregnant women for getting all of their recommended prenatal and postpartum care?

Visit CCPcares.org/Members/Medicaid/HealthyRewards to learn more.

So, let’s celebrate Children’s Day by giving kids a head starts with a healthy pregnancy.

